

Holiday Training – May Half-Term 2018

All Sessions will take place at the senior school pool.

Red and Blue Groups Training plan:

Monday 30th	Tuesday 29th	Wednesday 30th	Thursday 31st	Friday 1st	Saturday 2nd	Sunday 3rd
	Swim 07:00-09:00	Swim 07:00-09:00			Swim 07:00-09:00	OFF
OFF	Swim 1600-1800	OFF	Swim 1600-1800	Swim 1600-1800	OFF	OFF

Green Squad Training Plan

Monday 30th	Tuesday 29th	Wednesday 30th	Thursday 31st	Friday 1st	Saturday 2nd	Sunday 3rd
		Swim 07:00-08:30			OFF	OFF
	Swim 1600-17.30		Swim 1600-17.30	Swim 1600-17.30	OFF	OFF

Monday 30th	Tuesday 29th	Wednesday 30th	Thursday 31st	Friday 1st	Saturday 2nd	Sunday 3rd
	Swim 07:00-09:00	Swim 07:00-09:00			Swim 07:00-09:00	OFF
OFF	Swim 1600-1800	OFF	Swim 1600-1800	Swim 1600-1800	OFF	OFF